

Report to York Area Meeting

Name of event	Enlivening and Enriching our Meetings
Date and place of event	11 th June 2016 Friargate Meeting House
Your name	Pat Hender
Your Meeting	Acomb
Why did you accept nomination?	
Who ran the event?	Kindlers & Quaker Life Network
What was its purpose?	To explore what it is that works- in our Meetings- in our worship and our activities beyond it - and how this can be strengthened.
How was it structured?	<p>The day began with five different taster sessions lasting half an hour where we could learn more about one of the following topics: Focusing; Living with Conflict; Quaker Life Network; Singing with Friends; and TTIP (Trade and Investment Partnership).</p> <p>Next there were six groups (chosen in advance) in which we could consider a topic or participate in activities which might help us to deepen our knowledge of ourselves and enable us to contribute in fresh ways to Meeting for Worship. I found that in the small groups of two or three our discussions were on quite a deep level and we were gently but firmly guided to go beyond superficial discussion.</p> <p>The first part of the afternoon was given over to an exercise in which we were given a series of unfinished statements about Meeting for Worship and had one and a half minutes each to share our thoughts with different partners we may never have met before. The short time for each answer encouraged participants to give spontaneous replies rather than carefully prepared ones.</p> <p>In the second part of the afternoon we were in groups of about 9 people and this time we wrote on a flip chart our thoughts on the questions we were given on various aspects of Meeting for Worship. These were displayed on the walls for all of us to read before we concluded the day with a period of</p>

	worship.
What did you learn?	Because the day was tightly structured and each part was differently organised, I was enabled to think more deeply about Meeting for Worship and to listen to the thoughts and feelings of others, especially those of the many long standing Friends who were there. It felt safe to be completely honest and open in expressing my opinions and not to take anything for granted. For me the day was very worthwhile and I think its success reflects the thoughtful preparation that was put into it.
What can the Area Meeting learn?	